biosta™

Information Center

If you require any further information or have any special queries regarding the use of BIOSTA apparatus please write to:

MIRACLE EXCLUSIVES, INC.
P.O. Box 8
Port Washington N.Y. 11050

Tel. 1-800-645-6360

For sale at:

Manufactured by BIOSTA
2176 de la Province, Longueuil, Québec, Canada J4G 1R7

Recipes

Recipe No. 1
1 Cup shredded carrots
1 Cup shredded cabbage
1 Cup diced celery
1 Cup alfalfa sprouts
2 Tablespoon lemon juice
Spices.

Recipe No. 2
1 cucumber, chopped
2 tomatoes, sliced
1 cup alfalfa sprouts
½ cup mung bean sprouts
1 cup cottage cheese (dry curd)
¼ cup sesame seeds
salad herbs of your choice
Mix all ingredients together. Toss with oil and apple cider vinegar. Serves two.

Recipe No. 3
½ cup sprouts (Chinese Bean Sprouts, Salad Sprouts Mixed, Alfalfa, etc.)
1 cup mixed green (i.e. finely shredded cabbage, finely-sliced celery, radishes, peppers, carrots, chives, cucumbers, etc.)
Add cut up, or chopped, vegetables and sprouts and add to slightly thickened Gelatin. Chill until firm and cut into squares for individual servings. Place on a bed of lettuce leaves and Alfalfa Sprouts, or Spicy Salad Sprouts. Serves 4.

Recipe No. 4
½ cup yogurt
¼ cup sour cream
1 garlic clove, crushed
4 oz. blue cheese
Blend yogurt and sour cream until smooth. Add crushed garlic and blue cheese and mash with a fork until smooth. Pour dressing over bed of equal parts lettuce, watercress and Salad Sprouts.

Recipe No. 5
Sprinkle a hearty helping of almost any kind of sprouts in a bowl of your favorite soup. Even canned soups will be more like home-made.

Recipe No. 6
Spread bread with mayonnaise. Add slices of hard-boiled egg. Top with Sandwich Sprouts.

biosta™

The Miracle Sprouter

biosta™

What is a BIOSTA Miracle Sprouter?

To the botanical expert it is simply a germinating apparatus; to the housewife, however, it is far more than this. For her BIOSTA is a supplier of the freshest and purest cress salads, a domestic garden which supplies fresh soya every day, mustard and wheat sprouts which serve to prepare wonderful culinary specialties and represent a valuable and useful source of nutritional substances.

In the BIOSTA garden you can grow good sprouts in your kitchen without soil and without fertilizers. BIOSTA allows you at the same time to participate in the excitement of sprouting your own seeds and tender plants and shoots.

We wish you lots of fun with your BIOSTA. Its needs are simple, it lives only on seeds and water, it requires little space and it supplies you with superb fresh salads and delicious sprouts whether it is spring, summer, autumn or winter.

How to use the BIOSTA

Please read these instructions carefully before you use the apparatus and follow our advice. Sowing and reaping with the BIOSTA SPROUTER will then be a pleasure for you for a long time.

BIOSTA SPROUTER consists of 1 cover, 3 seed bowls with syphon caps, and 1 botton bowl.

Before using the BIOSTA SPROUTER ensure that the red caps fit tightly on the water draining tubes. These drains should not be exactly on top of each other but should be slightly displaced. Ensure that the BIOSTA SPROUTER always stands on a level surface.

Evenly distribute the proper amount of sprouting seeds on each bowl spreading them carefully over the corrugated surface.

Only use sprouting seeds, i.e. seeds that have a high germinating rate. Therefore only cover the bowl with a thin layer of seeds, since the seeds swell and require a lot of space of:

LARGE SEEDS such as WHEAT or MUNG BEANS: use three tablespoonfull for each tray.

SMALL SEEDS such as ALFALFA, CRESS or MUSTARD, require only one tablespoonfull.

Now assemble the various parts of the BIOSTA SPROUTER and pour one pint of lukewarm water carefully and slowly into the top bowl. Place the cover on the top bowl and leave the apparatus to stand. FOLLOW THESE WATERING INSTRUCTIONS CAREFULLY.

Distribute seeds evenly in each seeding tray.

Fill top tray with water near to the brim. LARGE SEEDS such as Wheat and Mung beans, etc., should be watered every day.

SMALL SEEDS such as Alfalfa, Cress and Mustard water only on the first and fourth day, after which they should be watered daily until consumed.

You will see that water will flow through the apparatus, watering each individual bowl automatically and finally collecting in the bottom bowl. After approximately 15-30 minutes the water collecting bowl should be emptied. Used drained water to water your plants — you will be surprised by the results.

If the water does not flow through to the bottom bowl, please check the individual seed bowl. An air lock can sometimes prevent the free flow of water and a gently tap or shake can free this. It is essential that the water drains off from each seed bowls as otherwise the seeds will not germinate.

A small amount of water, approximately 1-2 tablespoonfull will remain on each esed bowl, and this is just sufficient to produce the correct humidity which permits the seeds to germinate quickly. You will be able to observe this humidity yourself since the whole BIOSTA will be covered on the inside with a mist of condensation.

Depending on the room temperature and the intensity of light the germinating sprouts will be ready for harvesting between 2 and 5 days after sowing. Avoid intensive direct sunlight. At room temperature and with a lot of light the seeds will germinate visibly. It is essential but after each harvesting the BIOSTA SPROUTER is carefully cleaned. Do not use any scouring or abrasive powders for this purpose but a mild detergent and a soft brush.

ALWAYS WASH SPROUTS BEFORE USING. If you want to preserve your sprouts for a few days, it is best to water them (as above) morning and evening and store in refrigerator.

Order Coupon

MIRACLE EXCLUSIVES, INC.
P.O. Box 8
Port Washington N.Y. 11050

Date: _____

Please specify: For Clear Green ☐ or ☐ Sprouter

Please send:

for replacements parts

..... BIOSTA complete kit	$ 24.95	.....
..... BIOSTA tray	$ 4.95	.....
..... BIOSTA Drainage basin	$ 3.95	.....
..... BIOSTA lid	$ 3.25	.....
..... BIOSTA red cap (3 for)	$ 2.25	.....

For shipping and handling for parts please add $ 4.50
Postage for red caps only $ 2.25

Enclose find check or money order for $ .....

Name : .....

Street: .....

City: .....

State: .....

Zip code: .....

Suggestions for Best Results from your Biosta Sprouter

Please read the following suggestions in addition to your instruction booklet to help you get the best results from your BIOSTA SPROUTER

1. Be certain to fill the top tray almost full with water.

2. The small grooves in the bottom of the trays are designed to permit the free exit of water, leaving just enough moisture behind. Occasionally very small seeds block the draining of water from the grooves, and too much moisture remains behind. There are only a few seeds types that cause this problem.

3. Through experimentation we have found that small seeds including cress, alfalfa and mustard should be watered initially, and then again on the fourth day. Large seeds such as soybeans, corn and wheat should be watered every day.

4. Once the seeds have sprouted , you can flush them daily with lots of water without harming them. This cleans off any residue, leaving them fresh and clean, and preventing any strong odor from developing. (turn over please)

5. It should also be mentioned that the quality of the seeds is important to optimum sprouting. «Sprouting grade» is a must. Using the incorrect grade of seeds for sprouting is the primary reason that mold sometimes forms.

6. The red caps control proper water flow. If you find that the water is not flowing out of a tray, remove the red cap and make sure it is clean and that the opening it covers is large enough to let the water flow through. Occasionally this opening is not made wide enough in manufacturing. You may use a pin or nail to enlarge it, if necessary.

7. If your water supply is heavily chlorinated it is wise to draw hot water and let it cool to reduce the amount of chlorine you put into the sprouter. Water put into the sprouter should be slightly warm, never below room temperature.

8. No special lighting is required for sprouting. In fact the seeds will sprout in total darkness. Once sprouted they will turn green with minimal light. Also, to clean and purify your BIOSTA sprouter, an occasional bath of Clorox rinsed by fresh water will clean it and kill any unwanted bacteria.

We hope these suggestions help you make great sprouts.